

After School Snacks w/Milk

Wed - 11/01/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Thu - 11/02/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bug Bites	Package	120	115	2.00	21.00	3.50	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Fri - 11/03/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SNACK: CHIP SS, SunchpMi	Package	110	200	2.00	15.00	4.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
Mon - 11/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Tue - 11/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal TeamCh	1 Each	150	90	2.00	30.00	3.00	0.50
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Wed - 11/08/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-It W	Package	100	150	2.00	14.00	3.50	1.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Thu - 11/09/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr Butrscth O	1 Each	150	120	2.00	23.00	5.00	1.50
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Fri - 11/10/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh	Package	130	100	2.00	20.00	4.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Mon - 11/13/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr ChocChip	1 Each	150	105	2.00	24.00	5.00	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Tue - 11/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Wed - 11/15/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Lil' Squar	Package	130	150	2.00	24.00	3.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Thu - 11/16/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Fri - 11/17/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, NutriGr ApCin1.3	1 Each	120	110	2.00	24.00	3.00	0.50
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50

Sun - 11/19/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Blueb 2ozW	Muffin	190	130	3.00	31.00	6.00	2.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Mon - 11/20/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Tue - 11/21/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-lt W	Package	100	150	2.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Wed - 11/22/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal FrtyCh W	1 Each	150	105	2.00	30.00	3.00	0.50
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Sat - 11/25/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh	Package	120	85	2.00	20.00	4.00	0.00
FRUIT: PEARS 100ct Whole	Each(100ct)	101	2	0.64	26.96	0.25	0.04
Mon - 11/27/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Tue - 11/28/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Wed - 11/29/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr Butrscth O	1 Each	150	120	2.00	23.00	5.00	1.50
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
Thu - 11/30/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-lt W	Package	100	150	2.00	14.00	3.50	1.00
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.